graph, calculated to make it popular, lies in the fact that every patron is enabled to do his own talking.

According to the Pall Mall Budget the telephone is being extensively applied to a new use in London. They are putting it up in hotels and private residences extending to the various rooms and to the servants hall. Comparatively little extra expense is involved, as the ordinary bell wires are used without alteration. A telephone mouthpiece is provided at each end, and if you wish to summon a servant you ring the bell as usual and then speak your message over the telephone. The advantage is plain. It saves all the time that would be consumed in a journey to learn what was wanted. This is an age in which anything calculated to save time is regarded as of much importance.

A popular scientific writer says the only proper time for one to eat is when he feels a craving for food. Hunger is the inner admonisher that tells us when there is something wanting within the body, and that we must supply the need. If we eat when this admonisher does not tell us to do so we encumber the body with something it should not have. This kind of eating is what makes us sick, and therefore as intelligent beings we ought not to act so foolishly as to cat when we are not hungry, and simply for the ceason that the food is agreeable to the taste. Many people commit a grave error by almost forcing food upon sick persons. The first thing thought of in case of sickness is to fix up some kind of appetising food that the person can eat. This is all wrong. If the sick person has no appetite that condition grows out of the fact that the stomach does not need food and should not take it.

You will often find the foregoing idea well backed up in your own personal exper ience. There may be certain goods that do not agree with you, ordinarilly, and hence you are under the necessity of abstaining from them. But a time may come when on find yourself actually craving that parleular and usually hurtful species of food, On such an occasion you can partake of it freely without any unpleasant results whatever, whereas had you partaken of it in the ansence of such craving it would have made you sick. The craving was due to the fact that your organization was in need of the elements supplied by that particular food. Of course you will understand that craying a food as such and desiring to partake of it merely because of its agreeable taste are widely different things.

PRODUCTION.

IS THE SECRET THAT WILL BRING MORE MONEY.

The Problem of Scarce Money Presented 器 and solved by the Idea that values Bring Money-Increase Values.

The public debt of the United States only \$14.63 per capita. In 1880 it was \$18.23 In cleven years we have paid off \$23.70 for every man, woman and child in the coun-But that needn't stop a man from paying his grocery bill when it falls due Dear Gazette

Your editorials contained the above yes-

Gen Jackson said, "figures do not lie." A greater than Jackson has said: "Tho shalt not bear false witness."

Do we not sometimes so arrange figures but they do "bear false witness?" From the above the manipulator of the Phoenician characters would show that in mother decade our public debt will be wiped out." But as the "tares" will grow with the "wheat" even "until the harvest," abow us to tabulate another little statement under the not unfamiliar caption lately

WAR PENSIONS. For this purpose \$150,000,000 per year, \$12,500,000 per month. \$3,125,000 per week, \$446,470 per day. \$18,601 per hour, \$310 per

minute, 85 per second. tiere under this one item is an expens of \$2.50 for every man, woman and child for a single year. In eleven years we have paid off \$25.70 for every man, woman and whild, is only \$2.05 per annum, and upon the entire war debt the \$2.50 being for the sorie item jensions. Still the war debt must be paid, the disabled soldiers must be The problem then is how is this to be

done in these times of depression, in this Professor W. T. Foster is writing pre dicting, foretelling with great accuracy the meteorological disturbances, the influence of the equinoses of Jupiter and Saturn upon

hose and the results. The country is now looking eagerly for some philosopher, semi-financial prophet to forctell the solution of the money problem. There are thousands who know-who fee

it is upon us, and there are scores who talk, who "figure" as to its solution. The writer will refterate his utterances

We school men should extend our fields of study, we should look further into matters

tion perhaps we are expected to—at least further than we are averedited as doing. —I have told you how the equilibrium of our states can be maintained as states, as suvereignties, and our Union can be pre-served. There must be preserved another equilibrium, and that among our industries an equilibrium of agriculture, manufact ure and commerce must be maintained under the heads of Transmutation. Trans formation and Transportation. Transmu-tation is agriculture, transformation is manufacture, and transportation is com-merce. That in the morbid greed for gain— the ambition to grow rich in a short time— agriculture has been neglected; the quiet fields and the lonely forests have been abandoned by too many. The remuneration of the husbandman comes too slow for this fast age. Excuses are formed for thus desecting the homes and farms of our fathers that the cities present advantages for church and schools, and 1 must, therefore move to the city for social, church and school facilities. church and school faculties. The statistics of the country will bear me out; if you doubt the position, look them up; there is a lack of equilibrium in these industries. The statesman, the teacher, the minister of the gospel, and the press, all should come to the rescue. What shall

done; what can be done; Make agriculture more lucrative? No Make the country home, society, church school privileges better, more at

And still the press teems with theories and speculation as to how the volume of money can be increased. Nothing is said about the true source of all our prosperity, viz. the productions of mother earth. Values must be created. Give me values and I will have their equivalent—money.

The solution then suggested is for the overcrowded professions, the traders, the speculators to become producers. Give up the cities, abandon the haste to become rich; return like Cincinnatus to your plow

to your flocks and herds.
The greatest work of the Spring Palace was to bring out the natural resources of Texas. It was a veritable fruit picture (icarporama) of the products, mineral and vegetable, of the earth. This same idea should be transferred to Chicago. And it is hoped, it is believed, that through this four hundredth anniversary there will be what are generally regarded as the salient points of the Irish character were more dis-tinctly noticeable. Like Rory O'Moore he delights to tease, and his wife is usually the another "discovery," and that the solution of Columbia's financial, labor and social ALEX Hogg.

MADE FAMOUS

By Marrying Ladies who Enjoy a Reputation.

WHO ARE THEIR HUSBANDS?

Interesting Gossip About the Unknown Better Halves of Some Well-Known Women-The Valuable Assistance Rendered Men by Women.

[Copyright 1891. All rights reserved.] IS MARRIAGE A PAILURE!

For the Gazette. However unanimously the whole world may agree that marriage is a failure, no thoughtful observer can doubt for a moment that it exerts a profound influence upon the life and character of all who enter into the matrimonial relation. The proverb says hat man is what woman makes him, and the converse of that proposition is equally true; for woman is certainly what man nakes her. It is has often been asserted that women are always secondary to men; that without the directing and controlling nfluence of the male sex she is like a ship at sea without rudder or compass when be set by heavy gales, and that even thos women who have made a brilliant mark b the world and have paddled their own canon down the stream of time without once ask-ing the tyrant man to lend a hand at the oar-such women, for example, as Joan of Arc, Catherine of Russia, Queen Elizabeth and Ouida—have always had some man as the true source of their inspiration. While the true source of their inspiration. While we may not be prepared to fully indorse this extreme view, there nevertheless remains the interesting fact that the great majority of the women whom the world calls great have at some period of their lives been closely associated with some man-either father, botther, lover or husband—who brother. lover or husband—who has exerted a powerful influence upon their areer. How much that is of value in the writings of George Elliott do we owe to the ong association of that gifted woman with

In view of these considerations all that pertains to the husbands and close male riends of famous women becomes frought with an interest quite as strong at that per-taining to any personal trait or peculiarity of those women themselves. On the same principle that David Copperfield's aunt Bersy Trotwood was constantly telling him what his non-existent sister Betsy would rave thought, and said and done if she had ever been born, it may not be considering too curiously to ask what any of the noted narried women of our day would have been if they had never married, and if they had weded some man other than the present

George Lewes. How mayn of the most sen-

suous, remantic passages in the novels of George Sand do we owe to the influence of her cherami—the dreamy, spirituelle

The unknown husbands of famous women are undoubtedly a class of men to whom the world owes much, for in many cases all that has been best and noblest in the career and character of the wife is directly atributable to the husband, as we shall see in considering the question of who and what are the marital partners of some of the best known women of our time.

Probably the best known and really the best of American writers of fiction is Marion Harland, who in private life is Mrs Ternane. Her novels are not plotless, prosy records of uninteresting "every-day events," as Mr. W. D. Howells tells us all novels should be. They are not didactic essays meant to air the pet hobbies of the writer. They are interesting stories, with sell-conceived plots skillfully wrought out Their characters are real men and women such as we all know. Without any labored, self-evident effort to

"POINT A MORAL AND ADORN A TALE,"
hey tend to make us better for having read hem, for they are always pure, healthful

Marion Harland is the wife of a clergy nan, a man of scholarly attainments and singularly beautiful Christian character. Though she made her debut as a novelist oug before she knew him her first story, Alone " was published at her father's ex pense and made instantaneous and immense success after many prominent and preamably intelligent publishers had refused t, when she was but eighteen years of age, et the high moral tone of her writings scame much more marked after her marlage, and is unquestionably due in a great measure to the influence of her clerical hus-

it these many years. He was so well pleased with the effect of his wife's good house keeping upon himself that he urged her to

mnart her knowledge of household matter

to other women through the medium of the press, and it is therefore to him that Amer

can women are indebted for those admir

able articles on household matters, which for some years past Mrs. Terhune has been

contributing to newspapers and periodicals. The husband of Mrs. Frances Hodgson Burnett is just such a man as one would famely the authoress of "Little Lord Faun-

tleroy" would marry. He is a large-hearted, genial man, with an intense fondness for children, fully equaling in that respect that

famous lecturer and traveler, Citizen George Francis Train. He is a physician by profession and a specialist in diseases of the eye. His tender gentleness of man-

ner and his great natural fondness for them have made him peculiarly successfu

in cases of this kind among children, He

has contributed largely to the literature on his profession, and his opinion on all ques

tions pertaining to his specialty has great

weight among his professional brethren. He has performed many of the most difficult and dangerous operations upon the eye

with very great success, and has been especially fortunate in obtaining brilliant results in a great majority of the cases of cararact upon which he has operated, the

operation for cataract being one of the most important and exacting upon the eye sur-geon's skill, as readers of Wilkle Collins'

"POOR MISS FINCH"
well know. His fame as an oculist has
extended far beyond his Washington home

until he has become favorably known in that connection not only throughout our

own country, but even abroad. It will thus be seen that far from being merely "Mrs. Burnett's husband," Dr. Burnett his a very distinct individuality and a useful

The most voluminous writer of fiction that ever lived is unquestionably the lady

who for more than thirty years has written

over the signature of Miss M. E. Braddon. Not even the elder Dumas can compete with

her in point of quantity. More than fifty two novels have poured from her prolific pen, besides short stories and sketches that

are simply numberless. Even the seemingly

unparalleled literary activity of Mrs. Oli phant must pale its ineffectual fire in com-parison with that of Miss M. E. Braddon.

In private life this wonderfully indu-

trious writer is the wife of an Irish gentle-man named Maxwell, a big, bluff, sandy-haired son of the Emerald Isle, whose ap-

pearance strongly suggests that of Col.
O'Fipp, the Irish adventurer in W. S. Gilbert's comedy of "Tom Cobb," for which
part Col. Maxwell—for, as Mr. Toots says
of Capt. Cuttle, he is a colonel in I don't
know exactly what, but its of no conse-

quence-would have a perfect make-up without changing his dress or appearance one iota. I never knew a man in whom

and distinguished career of his own

novel of

herself, and an actor of much greater abil y than her first husband.

F. C. Herriott, the husband of Clara Morris, was a merchant in New York a It was on Christmas Eve away back in the time of his marriage, and gave up his avocation to become his wife's business the very early fifties that she plighted her trothto Mr. Terhune. He was then singularmanager. He is somewhat cold and ly tall and slender—irreverent persons might have called him "lanky." Fortunately for him, his good wife, unlike most women of literary ability, had been trained to be a reserved in manner, but has a kind and generous heart that endears him greatly to ill who know him. nodel housekeeper, and was a thorough nistress of every thing that tends to make

Margaret Mather's husband is a Byronic ooking German violinist with long black hair worn in a high pompadour. His name is Emil Haberkorn and he leads the orches-tra at the Duquesne theater in Pittsburg. Miss Matner has geen separated from him some brightest, best and most attractive Sine was a good sock-darner, pie-baker and pudding maker as well as a good story writer. Under the benign influence of her faultless cooking Mr. Terhune's lank form soon began to assume that plump and pleasing rotundity which has characterized to the good of the social place of the social place. for some time past and is now seeking a

GEOFFREY WILLISTON CHRISTINE.

Thought He Had No Show. A girl was one of a pair who had reached the gate. How soon the gate is reached when it marks the end of a walk with your girl! She lingered. She was a girl of ense, and she knew Brown wanted to get it off his mind. Brown made a move nearer and slipped his hand along the fence till it came in contact with hers, then he started, turned up his coat collar and

seemed about to depart.
"What did you say?" she asked, heading

"Yes - oh, yes - certainly," gulped Brown, but he turned down his coat collar and leaned against the gate. Silence. He shuffled his feet. Then he slipped his hand along the fence till it came in contact with hers. Whereat he started violently, and she said, "Well?" He turned up his coat collar and appeared about to depart,

but she said, "Well?" again. "Yes-oh, yes!" he assented; adding, after a moment's thought and with much firmness, "Certainly." She waited a while. Then she slipped

her hand along the fence till it came in contact with his. Whereat he started violently, slipped his hand away, but turned down his coat collar and leaned against the

She owned to herself that he wasn't worth it. Then she wheedled. "You were talking about getting married."
He wasn't, but he said, "Certainly," with some fortitude, and shuffled his feet. Si-

lence. He slipped his hand along the fence till it came in contact with hers, whereat he started violently and turned up his coat

"And I was thinking," she began, and paused. He turned down his coat collar and leaned against the gate. She slipped her hand toward his along the fence. Then she lost her patience and shouted, "What an idiot von are!"

"Certainly!" be cried, jumping in the air. Then he turned up his coat collar and fled.

An hour elapsed. The moon had risen. A dark form crept to the gate, turned down its coat collar, and, leaning against the gate, said, "If she give me a chance I'd tell her."

Then the figure sighed, slipped its hand along the fence, started violently, turned up its coat collar and went away.-New York Sun.

If you want a re

FAIR, FAT AND FORTY

good natured victim of this amiable weak-ness. Mrs. Maxwell has been often ac-

cused by adverse critics of being a constant imitator of Ouida. As a consequence the

mention of the latter writer's name has an

to praise Quida in his wife's hearing and to loudly lament the fact that other people do not write like her. He takes a special

pleasure in commending Oulda's personal charms (f), constantly dilating in his rich Irish brogue upon her "foine rowlin' eye." He is remarkable for his many brilliant

scintillations of keen Irish wit, of which

scintilations of Reen Irish wit, of which many amusing anecdotes are related. I once heard a lady remark to him that she thought the Irish had great lack of polish. "Lack of polish, is it, ma'am," he replied, "shure, if that's thrue, faith, it's not for the lock of heal between faith.

ELLA WHEELER WILCOX.

has considerably restrained the exuberance

of her young feelings, as her writings have not contained nearly so much of the 'poe

try of passion" since her marriage as they

and Son," he pretends to be, and that does

clergyman some twenty years her junior.

In such cases the husband is not likely to

exert any very marked influence upon the character and career of his wife, as they have been thoroughly formed and estab-

lished years before the marriage takes place. However brilliant the Rev. Mr. Ward's natural abilities may be, he is as

yet rather too young to have produced by them any marked effect upon the age and

time in which he lives.

If we may judge by the amount of mari-tal misery among members of the dramatic profession as ventilated in the newspapers,

the conclusion is forced upon us that life

upon the stage is not conducive to domes-tic felicity. Actors and actresses seem to drop into matrimony and out of it again

with as much facility as Mr. Silas Wegg "dropped into poetry" for the entertain-ment of his patron, Mr. Noddy Buffin, Sev-

eral of the prominent actresses of our day have had at least two or three husbands.

Prominent among these is Maggie Mitch-

ell, who, though now nearly sixty years of

o personate little girls with the same win

ning smile and merry childish voice that won the hearts of our grandsires nearly half a century ago. Maggie has been twice

married. Her first venture was Henry I. Paddock, a scion of a wealthy and aristo-cratic Southern family whose property was

He was keeping a hat store in Toledo, Ohio.

a year or two after the termination of the

ectional unpleasantness, when he won the

heart of the actress and married her. For a time the course of their love seemed to run smooth. Paddock gave up selling hats

and acted as his wife's business manager. Then a change came o'er the spirit of their dream, and in 1889 a divorce court re-

stored Miss Mitchell to single blessedness whereupon she married her present hus-band, Charles Abbott, a man nearly twenty

years younger than herself. Abbott is a

nandsome fellow with the figure of an ath

quaintance is a striking illustration of the truth of Fielding's saying that handsome young men are to middle-aged women as

LIGHTED GAS TO GUNPOWDER Though not evincing any great talent as an actor Abbott affords fair support to his

wife in the not very exacting juvenile parts of the plays which make up her repertoire. That June like woman, Fanny Daven-port, like Maggie Mitchell, is now rejoicing

in her second husband. Her first husband was Ed Price, a handsome young steck ac-tor, whom she engaged as her leading juve-

nile man of her company in the season of 1877-78, and who obtained a divorce from his first wife, a pretty little soubrette

named Katie Baker, in order that he might

marry Miss Davenport. With the latter lady he lived in seeming content for several

cears, but in the season of 1888-89 she ob

tained a divorce from him in order to marry her leading man Melbourne McDowell, a

handsome man

lete, and his sudden marriage to Mitchell after a comparatively brief

ompletely swept away by the civil

Elizabeth Stuart Phelps Ward, who is

the lack of hard knocks."

The husband of

quite as well

effect upon Miss Braddon somewhat similar to that produced on a bull by the display of a red flag. Col. Maxwell therefore delights Ladies who Desire to Attain an Healthy Old Age Advised.

WAYS OF ACQUIRING HEALTH.

The World's Most Distinguished Physiclans Tell the Ladies How to be Fair, Fat and Forty-Ice Water and Furnace Heat Condemned.

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commonly known to his friends as "Bob Wilcox," is a big, athletic looking man with a brown mustache. Though wholly unable to soar with his wife to the lofty heights of Every woman would like to live to be fair, fat and forty if she could. A medical friend of mine, a distinguished physician of a Western city, recently made those words, which I have placed at the head of the blue empyrean and to feel all the "par-oxysms," "thrills," "kisses" and "blisses" which she has so graphically depicted in her "Poems of Passion," being a plain, every-day manufacturer, he has evidently exerted a soothing influence upon Ella and los considerably restrained the evidentness this article, the subject of a lecture to a class of ladies, and before preparing his subject matter he wrote to seven of the world's most distinguished medical pecialists in all that pertains to comen and requested them to state what specialists in their opinion, it is most essential for a woman to do and to avoid in order to some woman to do and to avoid in order to some day attain that enviable condition, fair, fat and forty. Recognizing the interest and value of their replies to all woman-kind, I have requested him to favor me with them, and I am thus able to present did before. Mr. Wilcox is not at all lite-rary, but like Mrs. D. Plember in "Dombey said to receive larger peculiary rewards for her literary toil than any other female writer in America, is married to a young to my readers the following most interest

GEOFFREY WILLISTON CHRISTINE. DR. BARTON COOKE HIRST CONDEMNS ICE WATER AND PURNACE HEAT.
Dr. Barton Cooke Hirst, professor of ob stetrics and diseases of women in the Uni

versity of Pennsylvania, Philadelphia boldly attacks two of our peculiarly Ameri ian institutions, as will be seen below: 248 SOUTH SEVENTEENTH ST., PHILADELPHIA, PA., May 11, 1891. DEAR DOCTOR-In brief, the following ire, in my opinion, important details to be

attended to by all women who desire to be some day fair, fat and forty. A sponge bath should be taken every morning with cold or cool water standing the while in warm water up to the calf of the leg. Even a weak constitution can endure this. A vigorous rubbing with a coarse towel should follow. The breakfast should be a light one. The room in which the individual passes

The room in which the individual passes most of her time should not be kept too hot with furnace air. An open fireplace is a blessing that should be more generally appreciated. I believe in a late dinner—about 6 p. m., because the family can always then find plenty of time for it, and rest after ward. The meal itself should consume an hour at least, the time being taken up not by the quantity of food devoured, but by slow eating, and it is for this reason that serving the chief meal in four or five courses is so general in Europe and is be coming so in this country. Much ice water is decidedly injurious. I agree with Mrs. Stanley, the wife of the African explorer, who said recently that she found the mid lle-aged and elderly women in America in erior physically and in appearance to women of the same class in England, a fact mainly attributable to hot furnace air in the houses and the enormous consumpion of ice water.

In regard to exercise, I think a woman should make it a rule to be upon her feet in the open air a certain length of time every day, no matter what the weather. As a rule, especially for a married woman, a short nap or rest upon a sofa for half an nour or an hour late in the afternoon will seep a woman fresh for the evening and revent fatigue, pains in the back, etc.

Obstetrically and gynacologically, the following points are of great importance. The woman who has just undergone the pangs of maternity should not leave her bed under the most favorable circumstances in less than two weeks, and should not go down stairs for a month. During the peri odical recurence of certain physiological conditions, a woman should endeavor to keep a happy mean between invalidism and health, not passing the period in the house upon a bed or sofa, and yet on the other hand guarding against going out in wet weather, dancing, etc.
Hoping this will answer your purpose, believe me very sincerely yours.

BARTON COOKE HIRST.

DR. D. TOD GILLIAM SAYS GOOD DIGESTION Dr. D. Tod Gilliam, professor of obstetries and gynæcology in the Starling medical college of Columbus, Ohio, writes

as follows: 50 NORTH FOURTH STREET, COLUMBUS, OHIO, May 10, 1891. My DEAR DOCTOR-The first essential for he woman who is ambitious to be fair, fat

and forty is a good digestion, which can be fostered by plain, simple diet, regular meals and no over indulgence. She should have but few articles on her table at any one meal, but those articles should be varied frequently to suit her varying inclinations. She should observe the utmost regularity in all her habits of diet, eating, sleeping, etc. She should wholly avoid stimulants and stimulating condiments as well as stimul lating conditions of life. She should also wold all sensual emotions and emotions of These flush the face and over distend the capillaries, lower the tone of the circulation and give a haggard and wrinkled expression. Flushing from exercise and ire exhilarating emotions are conducive

Fresh air, sunlight and out-door exercise. neatly-fitting, evenly-balanced but not tight clothing, and healthful occupation alter-nated with healthful amusement—all these things tend toward fair, fat and forty. The woman who desires to attain that condition must not use much soap and must not wash her face in blood-warm water. She should not bathe more than three times a week unless her circumstances render more frement bathing absolutely necessary for pur-

ooses of cleanliness.

Above all, to sum up, I would say to the women trying to attain to fair, fat and forty keep your head cool, your feet warm and dry, and your bowels regular. Avoid wor-rying about anything great or small, and always maintain a clear conscience and a be-nevolent disposition. Yours very truly, D. TOD GILLIAM.

WILLIAM E. ASHTON'S VIEWS. Dr. William E. Ashton, demonstrator of obstetrics and diseases of women in Jeffer-son medical college, Philadelphia, thus expresses himself:

338 SOUTH FIPTRENTH STREET. 1 PHILADELPHIA, May 9, 1891. j

I should divide the life of the woman anxious to live to be fair, fat and forty, into four periods, namely: Approaching woman-hood, prior to marriage, married life and old age. In all of these periods she should old age. In all of these periods she should be careful to avoid everything that a little careful consideration would show her to be detrimental to health, and she should be particular to observe all rules that common sense dictate as conducive to her physical, mental and moral well-being. To clothing especially she should give attention, being careful to regulate it in everything in ac-cordance with the dictates of health and not of fashion. Very truly yours. WILLIAM E. ASHTON.

R. E. C. DUDLEY SAYS MATERNITY MUST NOT

Dr. E. C. Dudley, professor of gynæcology in the Chicago medical college, thinks that those who seek to evade the responsibilities of maternity, as so many American women are now believed to do from the women are now believed to from the large and constantly increasing number of childless marriages, stand no chance of ever reaching fair, fat and forty, as may e seen from his letter.

To MONROE STREET, CHICAGO, May 11, 1891. DEAR DOCTOR-A woman who cultivates a clear conscience and a benevolent disposi-tion, and avoids cant, has taken a long step in the direction that leads to fair, fat and

women at the age of forty—those who are beautifully fair and fat as well—with whom th China Co. I am acquainted have taken care to marry clean, healthy men, and have brought up

large families of children. The woma who shirks maternity will not be fair and fat if she lives to be forty. On the con-trary, she will most probably be as weazened and dried up when she reaches

that age as any of those unfortunate single women whom the world calls old maids. How to be fair, fat and forty may be generally summed up by the words "elim-ination" and "nutrition." That is, women desiring to attain to fair, fat and forty should be careful throughout life to have all the eliminatory functions of nature by which the waste products of the system are gotten rid of properly performed, and to have themselves always well nourished. Exercise, bathing, judicious and regular habits of eating, fasting and sleeping; moderation in the use of sweets and an abur dance of pure fresh air would all be in cluded in the proper observance of elimi nation and nutrition, version, sential to them. Yours truly, E. C. Dudler. nation and nutrition, because they are es-

DR. THOMAS OPIE POINTS OUT SOME EVILS

OF CIVILIZATION.

Dr. Thomas Opie, professor of gyngcology in the college of physicians and surgeons, Baltimore, justly attacks some evils of modern society, which are directly inimi-cal to the attainment by our women of that enviable condition, fair, fat and forty. COLLEGE OF PHYSICIANS AND SURGEONS, I BALTIMORE, MD., May 10, 1891

DEAR DOCTOR:-There is but little chance for our young women to ever be found forty, so long as they continue impressed by the pernicious cry of a higher and still higher education for women, just when they are merging from girihood to womanhood, say between the ages of four teen and seventeen. This is the age of all others at which the unnatural strain and nervous excitement of hard study should

be avoided by every girl who hopes to be fair, fat and forty. But not only does modern civilization lemand that a girl shall be subjected to the close confinement and rigorous study of the modern school, but it also forces her into the unhealthy auditoriums and ball cooms, inseparable from fashionable diver

Our so-called civilization is principally esponsible for defeating God's intention hat every woman should live to be fair fat and forty. It grossly outrages and violates nature's plan that woman—and men too—should live an out door life by day and should rest at night. It is responsible for the wicked habit of women and children spending their lives in houses and densely crowded towns and cities. We seem to be growing steadily wiser and weaker, and and until we correct that, those of our women who attain to fair, fat and forty.

must be the exception and not the rule.

The woman who desires to be fair, fat
and forty, should marry, for science con firms natural laws in the view that man riage is or rather ought to be a conservato of health and a promoter of longevity. I seems to be a law of nature that wome should undergo the physiological changes incident to maternity once in three years, during that period of her life in which it is possible for her to do so, and if she doe not, she is liable to have fibroid tumors.

The woman who hopes to be fair, fut and forty, should nourish her own infant at he own breast as nature, which is simply good will of God expressed in facts, tended she should. No mother should pudiate nature and substitute art in form of a sussing buttle. orm of a nursing bottle. The woman who lives to be fair, fat and

forty by observing nature's laws, should live far beyond that period and pass out of life at last as unconscious of her death as her birth, for the cycle of life completed the living being simply sleeps into death of when nature has her way. Thanks to our "advanced civilization" we cannot have this true cuthanasia in its most perfect form, but we can axproximate it much more nearly than we do. Fraternally and sin cerely yours,

A GREAT GERMAN SPECIALIST TALKS. Dr. F. Winckel, professor of gynaecology and director of the Royal University Clinic or women in Munich, gives his ideas or the subject under consideration as follows: DEAR DOCTOR—If our women would live to be fair, fat and forty, they must first of all become better informed in all that per tains to hygiene and the laws of life. With out a practical knowledge of these laws they cannot observe them as they must do if they would live to be fair, fat and forty. In-stead of so-called "accomplishments" and "rudinentary branches" that they are taught in school, girls should be taught to know themselves and the great laws that govern their being, that they may not through ignorance triffe with those laws and thus entail upon themselves years of misery and wretchedness. Then our women may live to be fair, fat and forty.

T. GAILLARD THOMAS' RULES. DR. T. GAILLARD THOMAS' RULES.
Dr. T. Gaillard Thomas, professor of diseases of women in the college of physicians and surgeons, New York, and surgeon to the New York state woman's hospital, lays lown the following admirable precepts to aid women in living to be fair, fat and forty, Eat fresh animal food three times a day, and as much other nutritious food, such as read, crushed wheat, potatoes, rice, eggs. te., as you can. Between breakfast and the midday meal,

the midday and evening meal, and upon re-tiring at night, drink a tumbler of milk, or a teacupful of beef tea, or of mutton or chicken broth. Every morning upon riising, and every

warm water strongly impregnated with ta-ble salt, about a teacupful to an ordinary pasin of water. Then rub thoroughly and briskly with a rough towel-the knitted tape towel is the best.

After each bath exercise for ten minutes briskly with the dumb bells, the rowing machine, or light calisthenic rods, breathing during the time freely and as deeply as

hight upon retiring, take a sponge bath of

Endeavor to sleep for nine hours every night, and for one hour at mid-day ever day remove the outer clothing, lie quietly n bed, remain entirely without occupation

Avoid constipation even for a single day. Be sure that the clothing be loosely worn, and that all the weight of the skirts be car-ried upon the shoulders and not upon the

The dress adopted by the women of our imes may be very graceful and becoming it may possess the great advantages of de-veloping the beauties of the figure, and con-cealing its defects, but it certainly is conducive to disease and proves not only an ex citing but a predisposing cause. For the proper performance of the function of respiration, an entire freedom of action should be given to the chest, and more especially is this needed at the base of the thorax, opposite the attachment of the important repiratory muscles, the diaphrain. The habit of contracting the body at the waist by tight clothing confines this part as if by splints. Indeed it accomplishes just what the surgeon does who bandages the chest for the fractured rib, with the intent of limiting thoracic, and substituting alterni nal respiration. T. GAILLARD

for the many forms of to. Tetter of the day to by using Tet-forents. By mail by me & Bro., Savannah, Ga A Finger Nail Sixteen Feet Long.

The question of whether Chinese finger

nails will come into general use as article of jewelry is one which interests shell and precious stone dealers. The Chinese judge their gentlemen as Americans do their idlers-by their long finger nails. A reporter has seen among the heirlooms of a heavy weight merchant in Chinatown a nail which attained the great length of thirteen inches, and the Chinaman's grandfather was reported by the merchant to have raised one eighteen inches long on the index tinger of his left hand. The merchant at that time said there was nothing wonderful about that, as he knew a Chifinger of his left hand which was sixteen feet and some inches in length, and the priest was then but 68 years of age .- San Francisco Letter.



No. 109 .- In Grandmother's Garden. 1. The peep o' day. 2. A crustacean, and the cause of much discord. S. Apello's favorite. 4. Buxom Eizzabeth. 5. Sagncious. 6. Precise, and a pretty flower. An animal slides. 8. A compartment in a theater. 9. A royal plume. 10. A great dandy, 11. Remember me. 12. A weapon, and to coin. 13. Wise men followed me. 14. A wise man, and a stamp. 15. A conveyance and a great community of men. What Hamlet said was "out of joint." 17. A ferocious beast, and the emblem of innocence.

No. 110.-Metagram. Each line defines a word by changing its

You can hear from your friends though they be far away; When I'm struck with a hammer I generally

stay; I'm a very had stopping place, shunned by good men; Here's a bird which is nearly the size of a wren; I'm dismal, to hear me no one ever cares; I'm an ornament which every pussy cat we

When I come 'tis always with snap and with crack; Pm delightful on mild summer evenings Use me should your boat spring aleak on the

There is no one who likes to have me cross his

I always come handy in milking the cow; When I'm drawn away we shall know why No. 111 .- Rhyming Answers.

An answer is required for each line, and

I'm that for which all people toil, A foreigner from o'er the sea: My purpose ever is to soil, And some from me are never free.

they all rhyme:

I furnish man both food and drink. While swiftly rushing on my way; A dreadful, painful thing, I think, My object is to draw away.

No. 112.-Picture Puzzle.



succession, to the right hand one.

A small boy writes to his sister. Fill the blanks with names of animals: — SETTER—I cannot go to sleep till I have written you, as I [promised, so I have lighted my — and begin. Jack and I went down to the beach after the show to take a swim. Jack will - the surface and float, but I like to move round -. I thought it would be fun to - him under the surface and did so a number of times. The last time his - caught on something and held him down until it frightened me, but he soon released himself and said he — me under and hold me there is I tried it again. We saw a — at work and tried to — out what he was conching for, bu

did not succeed. He pulled up something from the bottom that looked like - of a chain, but I do not know what it was.
I can't fly my -- tomorrow, for it is broken and I cannot buy a — one for I gave — my money to buy an — of rock candy. Yours with

No. 114.-Hidden Living Anthors. 1. When the natives demur freemen

must be prepared for trouble. women of America wear black more than any other color of dress 3. The men bestow extra alms to the very

4. The tables of measurement show ells differing in length in England, Scotland and France. 5. With care you can make a cost last

An Original. "Can your little brother talk now?" "Yes. He can say some words real well." "What are they?" "I don't know. They're words I never

Key to the Puzzler. No. 160.—An Enigma: An egyshell. No. 101.—A Scene in English History. The picture suggests the pretty story told about King Alfred, who took refuge in the but of a swineherd, whose wife, not know ing who he was, set him to watch the cake that were baking on the hearth. The king, heing more interested in mending his boy and arrows, let the cakes barn, whereupon the dame scolded him soundly:

There, don't you see the cakes on first Then wherefore turn them not? You're glad enough to set them When they are piping hot. No. 103.—A Jeweled Ornaments C ORAL

> AG A TE S TORE TO P AZ

No. 163.-A Cube: From 1 to 2, chateau; 2 to 4, umpires; 1 to 3, caldron; 3 to 4 ns tions; 5 to 6, evident; 6 to 8, tedious; 5-to 7, eastern; 7 to 8, notions; 1 to 5, cede; 2 to 6, unit, 4 to 8, sips; 3 to 7, noon. No. 104.—A Money Problem: \$1.50.

No. 105.—Connected Syllables: Where as As ter

Ter race

Cer emony. No. 106.—Charade: Seamanship. No. 107.—A Nest of Birds: 1. Kildeer. 2. Meadow lark. 3. Parrot. 4. Spoonbill. 5. Snowbunting. 6. Loon. 7. Whip-poor-

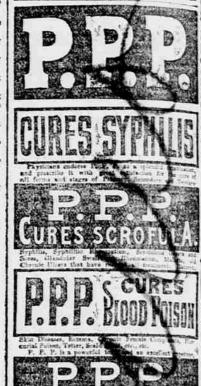
will. 8. Kingfisher. 9. Lyre bird. 10. Curiew. 11. Sandpiper. No. 168.—Hidden Articles: 1. Desk. 2. Paper. S. Pen. 4. Ink. 5. Blotter. Do Not Be Discouraged.

A Pennsylvania man advertised that he was poor, knee sprung, homely and cross, but wanted a wife, and in response he re-ceived fifty-four letters from women who said they'd take him. No man, no matter what sort of a house has fallen upon him, need be discouraged in facing the matrimonial world. - Detroit Free Press.



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